L1

Bob - Very interesting letter
(I have answered + sent
general info)
Would you like to answer?

April 83

Dear Bob,

I was really glad to read your article in the Mother Earth News!
I read your book Journeys out of the Body in 1973. If I'd kept a diary, I could have written it.
I joined the Air Force in 1967 and was an electronic technician till I was discharged in 1978 for depression (divorce)
I started having spontaneous OBE's around 1969 while stationed in Taiwan. I didn't know what was happening to me and thought like you perhaps that I was going crazy.
The experiences started the same -- felt like strong coarse electrical vibrations that shook my entire body. I was fully conscious and quite paralyzed which caused no little concern, ha ha (fear). Since I was afraid I learned a technique to terminate this "condition". Basicly I found if I tried to shake my head from side to side I could terminate this fearful condition. But these experiences continued a rate of 3 or 4 a night sometimes one after another and perhaps my curiosity overcame the fear or maybe just the weariness of trying to terminate them so I decided to ride out the vibrations and see what would happen. Much to my surprise nothing happened. I even timed their length (usually 5-10 minutes) (over)

This continued for a time till one night after the vibrations had subsided I felt like I was in a cannon and was shot out into darkness at a great speed. I was afraid to open my eyes which accounts in my mind for the darkness. It felt like I was moveing at great speed thru a dark void. I had many many esperiences of this type and now in retrospect I regret my fear of opening my eyes.

In time I did learn to "open" my eyes. When I finally did I realized what was going on. I traveled but never did have much luck at controlling where. Sometimes it was places in or near my house. Other times it was places similar in some ways to the physical world but with differences. At other times it was to "places" that bore no resemblence to the physical world.

I regret I didnt keep a diary but some of the esperiences I will never forget.

The one that impressed me most Ill try to relate.

It happened in 1971 or 72. By this time I realized that relaxation was a prerequisite to the vibrations and one evening I was sitting in a recliner chair trying to relax

and induce the state. I tried for hours to induce the state and couldn't relax to the proper "mood". Anyway it was about 2AM in the morning and I had a part time paper route. I had to start at 4:30AM so I decided it was best to forget the experiment and grab a few winks. No sooner than I decided to relax toward sleep - the vibrations started and I was off at great speed thru a dark void. I was very afraid that I was going to die, (or go insane) possibly that it was the work of the devil, and so I called out for help to Jesus, Budda, or anyone I could think of but no response. Finally I thought what the hell, I dont care if I die I want to know what its all about. At this point I was still travelling thru the dark void but with a difference - as though I was in control & and I knew where I was going (or being directed - I always felt a presence with me in my travels though I rarely seen it).

Anyway, after a time I came upon a great Ocean of light and entered it. When I did my first impression was one of complete peace and complete understanding. I understood everything, the reason for the things that were happening (in my life) & that had happened, down to the most trivial incident. Its hard to put into words but it was a feeling that I was finally "HOME". The experience

ended differently than most of the others. Rather than being snapped back as if on a rubber band I simply opened my eyes, completely relaxed, and felt a pleasant glow on my body and although the room was dark it seemed to have a soft white glow. I sat there for awhile + left for work

I felt unusually good for the next week but this feeling gradually faded along with the understanding I had while in the "light." Most everything faded except a feeling of homesickness and an understanding of the difference between right + wrong. None. the hard way

I learned like you about talking about such happenings to others.

I would like to meet and talk with you and compare notes. I like your hemi-sync idea and if my financial situation changes Id like to order some tapes or come out, but right now Im living on a small disability pension from the A.F.

Anyway if I cant get out there to meet you I'd like to share some ideas of mine that you may make use of.

I, like you was experimenting in how to induce the experience. I read once in a psychology text about 2 doctors in the 40's who found that a flashing light stimulus in animals eyes produced the same brain wave rhythm of the strobe or flashing light.

I had a TRS80 computer in 1979 and programmed it to flash phrases on and off on the screen at a 12Hz rate in a darkened room. I used words like "RELAX" or "YOU ARE MORE THAN A BODY." I would watch the screen + flashing phrases for about 15 min and then lie down and try to get "out".

It worked so good I stopped using it probably cause I started having too many experiences to handle. (Still some fear)

I next tried using a Radio Shack strobe light because with the higher light intensity would allow you to see the pulsations thru closed eyelids, but 12Hz was out of the strobes freq range. I could have modified the circuit but I needed a freq. counter which I didnt have. I would then have tried colored filters on the strobe.

Anyway the combination of visual and aural stimulus might be another avenue of research for you to pursue and youre welcome to the ideas if youve already not thought of them.

If I get a job and some of my lifes problems squared away I'd probably pursue this line but just in case I dont I wanted to pass the ideas on to you since your are already set up.

Sincerely

[redacted]

P.S. Would be glad to hear from you if you'd care to write

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